

# EAT WELL FOR LESS FROM THE MILK GROUP



Mary K. Sweeten\*

## Nutritional Value

Most Americans consume less milk and milk products than recommended. Milk and milk group foods, such as cheese and ice cream, are the leading calcium sources essential for strong bones and teeth. In addition, milk supplies the body with high-quality protein, riboflavin and Vitamin A, as well as many other nutrients.

Some milk is needed by everyone. When the food intake for a day contains 1 pint (16 ounces) of milk, the diet will usually supply enough calcium to fulfill the Recommended Daily Allowance. Children require 2 to 3 cups daily; teenagers, 4 or more cups daily; pregnant women, 3 or more cups daily; nursing women, 4 or more cups daily; and adults, 2 or more cups daily.

## Buying Tips

Milk group foods include milk products in various forms. When buying milk, compare the prices of the different forms—fortified fluid skim milk, fortified fluid low fat (2%) milk, fortified butter-milk and canned, fortified evaporated milk. These forms usually are cheaper than fresh whole milk. Fortified nonfat dry milk is generally the least expensive and furnishes about the same nutrients as whole milk, but with only half the calories.

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Another milk group food is soft cheese (whether natural or processed), hard cheese and cottage cheese. Cottage, Swiss and cheddar cheeses often are bargains for certain essential nutrients. Purchase low-cost cottage cheese, which is a good source of riboflavin and protein. Each  $\frac{1}{2}$ -cup serving of cottage cheese supplies as much protein as a 2-ounce serving of meat, fish or poultry. Swiss and cheddar cheese generally are more economical sources of calcium than is cottage cheese. Buy cheese in 2-pound or larger packages, slicing and shredding it at home.

## Storage

Fresh milk should be stored in its original container in the refrigerator after rinsing the outside of the carton with cold water to remove dirt. Never allow milk to stand in a sunny place, because it will develop an off flavor as well as lose riboflavin.

Dry milk packages should be tightly closed and stored on the kitchen cabinet shelf. After reconstituting dry milk, be sure to cover it and refrigerate immediately. Canned milk also may be stored on kitchen cabinet shelf until opened; but it should then be covered and stored in the refrigerator immediately.

Always keep cheese covered in its package, wrapped in wax paper, aluminum foil or transparent plastic, and store it in the refrigerator to keep it fresh.

## Preparation

In reconstituting dry milk, equal amounts of fresh milk should be mixed with dry milk to improve the flavor. Add nonfat dry milk solids to cottage cheese to increase the protein content. Artificial flavorings, such as chocolate syrup or strawberry flavoring, add a delicious flavor to

nonfat dry milk for those who find the flavor of the nonfat dry milk distasteful.

Use broken pieces of cheese in biscuits, casseroles and vegetables or in omelets. Cottage cheese can accompany fruits, salads, gelatins or scrambled eggs.

Milk and milk products should be heated or

cooked at a low temperature. High temperature causes the protein in milk to curdle, forming a scum on top and coating the sides of the pan. High temperatures and long cooking can cause cheese to become tough and stringy. When preparing gravies, sauces and puddings, stir constantly during cooking to prevent lumping.

## MILK GROUP RECIPES



### Imitation Sour Cream

- |   |  |
|---|--|
| $\frac{1}{3}$ cup skim milk               | $\frac{1}{2}$ cup salad oil                  |
| 2 tablespoons lemon juice                 | 1 teaspoon salt                              |
| 1 cup creamed cottage cheese (small curd) | 1 tablespoon chopped chives or chopped onion |

Measure all ingredients into mixer or blender. Blend 5 seconds; scrape sides of container. Blend 5 seconds or until smooth. Cover and refrigerate. Serve as a dip or on baked potatoes. Makes  $1\frac{1}{2}$  cups.

### Tomato Cheese Sandwich

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|---|---|
| 2 tablespoons margarine                 | 1 tablespoon finely chopped celery          |
| 2 tablespoons flour                     | $\frac{1}{4}$ teaspoon salt                 |
| 1 cup canned or cooked tomatoes, mashed | $\frac{1}{4}$ teaspoon paprika (if desired) |
| 1 tablespoon grated onion               | 1 to 3 cups grated processed cheese         |

Melt margarine, add flour and mix well. Add tomatoes, onion, celery and seasonings. Cook slowly, stirring constantly until mixture thickens. Remove from heat and add grated cheese. Stir until cheese is melted. Serve hot on toast or chill and spread on bread for sandwiches. When using 3 cups of cheese, the yield is 1 pint or 2 cups. When a large amount of cheese is used in the spread, a sandwich is more nutritious.

### Old-Fashioned Bread Pudding

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|--|------------------------------------|
| 4 slices bread, toasted                | $\frac{1}{4}$ teaspoon cinnamon    |
| 2 tablespoons soft margarine           | $\frac{1}{3}$ cup raisins          |
| $\frac{1}{3}$ cup brown sugar (packed) | 3 eggs, slightly beaten            |
|  | $\frac{1}{3}$ cup granulated sugar |

- 1 teaspoon vanilla  
Dash of salt

- $2\frac{1}{4}$  cups whole, fresh milk or evaporated milk, scalded

Heat oven to 350° F. Grease  $1\frac{1}{2}$ -quart casserole. Spread slices with butter; sprinkle with brown sugar and cinnamon. Put 2 slices together sugared sides up; cut each stack into squares or rectangles; trim edges. Arrange bread in casserole; sprinkle with raisins. Blend eggs, granulated sugar, vanilla and salt. Slowly stir in milk. Pour mixture over bread.

Place casserole in square pan, 9 x 9 x 2 inches. Place casserole dish in pan of hot water (1-inch deep), and bake 65 to 70 minutes, or until knife inserted halfway between edge and center comes out clean. Remove casserole from hot water. Serve pudding warm or cool. Serves 6 to 8.

### Mexican Relish

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|----------------------------------|--------------------------------|
| 2 cups grated cheese             | 1 pimiento, chopped            |
| 2 tablespoons margarine          | 1 can kidney beans             |
| 1 chopped green pepper, optional | Salt, pepper, paprika, cayenne |
|                                  | Hot, buttered toast            |

Melt cheese in the margarine or butter, stirring constantly over low heat. Add the chopped green pepper, pimiento, kidney beans and catsup; mix well and season highly. Serve hot on butter toast. Serves 4.

### Green Enchiladas

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|-----------------------------|---|
| 1 can cream of chicken soup | $\frac{1}{2}$ pound soft process cheese |
| 1 small can evaporated milk | 1 small can green chilies, chopped      |

1 small can pimientos, optional  
1 dozen corn tortillas

½ pound Longhorn cheese, grated  
1 cup onions, chopped

Heat soup, milk and processed cheese in top of double boiler until cheese is melted. Add chilies

and pimientos. Combine Longhorn cheese and onions which have been cooked until clear. Fill each tortilla with cheese and onion mixture, roll tightly and place in long baking dish. Pour cheese sauce over tortillas. Cover with aluminum foil. Bake at 350° F. for 30 minutes. Serves 4 to 6.

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